

VEGAN TORTA

This satisfying sandwich features lentils and mushrooms topped with delicious vegetables for an appealing main dish.

ONE PORTION PROVIDES:
 ½ cup vegetable, 2 oz. eq. meat/meat alternative, 2 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
<i>Lentil crumbles with mushrooms filling</i>		
Mushrooms, white, fresh, slices	2 ½ pounds	1. Dice mushrooms 1/4 inch. 2. heat to 325 degrees F. 3. In a stainless steel 2" full pan, place dried lentil crumbles (2.85 pounds or 1 bag) and hot water (2 quarts) and diced mushrooms (12 ounces). Mix well and level the mixture. Place lid on pan and place in oven. 4. Bake in 325 degrees F. oven for 12 minutes until all water absorbed Fluff with a fork. CCP-Minimum internal temperature should be 140°F. or above. Hot Hold: Hold at >= 140.00 °F
Lentil crumbles, GroundPro	9 ½ pounds	
Water	6 quarts 2 ½ cups	
Canola/olive oil blend	1 cup	5. Brush ¼ teaspoon oil on each side of sub roll 6. Toast roll in 350°F. oven for 3-4 minutes until slightly toasted
Sub roll, regular, side slice, whole grain	100 rolls	

		7. Spread #8 scoop (1/2 cup) lentil mushroom mixture on one side of sub roll
Lettuce, iceberg, shredded	3 ½ pounds	8. Top lentil mushroom mixture with: <ul style="list-style-type: none"> • 1/4 cup shredded iceberg lettuce • 1/8 cup sliced red onion • 2 slices tomato • 1/4 cup avocado slices (2-3 slices)
Onion, red, 1/4-inch sliced	4 pounds	
Tomatoes, fresh, 1/8-inch sliced	5 pounds	
Avocado	18 pounds	

SERVING NOTES:

Serving size	1 Sandwich	Yield, weight	71 Pounds, 1 Ounce
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	442	Total Fat (gm)	13	Vitamin A (IU)	319	Iron (mg)	4
Protein (gm)	14	Saturated Fat (gm)	1	Vitamin C (mg)	7	Sodium (mg)	724
Carbohydrate (gm)	68	Cholesterol (mg)	0	Calcium (mg)	56	Dietary Fiber (gm)	11